



IMPROVE YOUR HEART HEALTH

Blood Pressure Self-Monitoring Program Oneonta Family YMCA

The simple process of checking and recording your blood pressure at least twice a month over a four-month period has been shown to lower blood pressure in some individuals with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that provides personalized support for developing a blood pressure self-monitoring routine, offers tips for maintaining cardiovascular health, and includes nutrition education.

Where: Oneonta Family YMCA

Time: 10:30-11:30 am

**Dates: Mondays 11/10 & 24, 12/8 & 22,
1/5 & 1/19, 2/9 & 23**

**Cost: \$40 Participants get a FREE blood
pressure monitor**

YMCA membership not required.

**Oneonta Family YMCA
20-26 Ford Avenue
Oneonta NY 13820
www.oneontaymca.org**



**Eligibility criteria apply. To learn more and see
if this program is a good fit for you, please
visit our website or contact:**

**Kelly Morrissey
(607) 432-0010 X205
kmorrissey@oneontaymca.org**

Click the QR Code for full program information



**www.oneontaymca.org Click Programs/
Chronic Disease Prevention**

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